

## Wrinkle Relaxing Injections

Treatment with wrinkle relaxing injections is extremely safe and effective.

### About

Wrinkle relaxing injections are a highly effective treatment for the temporary improvement in the appearance of facial lines and wrinkles. The outstanding benefits of muscle relaxing injections can also be used in the treatment of a great number of distressing and embarrassing problems ranging from excessive sweating to facial tics and blepharospasm (uncontrollable twitches of the eye muscles and excessive blinking).

The treatment consists of a series of injections of specially prepared formulations of neurotoxins into the muscle causing weakness or paralysis where needed for an aesthetically enhanced appearance.

There are seven serologically distinct toxin types. However the serotypes A and B are the most commonly used for therapeutic and cosmetic reasons.

### Mechanism of action

The toxin used is a two-chain polypeptide that attacks proteins responsible for membrane docking and fusion of small vesicles that release acetylcholine which is involved in the transmission of nerve impulses in the body. By inhibiting acetylcholine release, the toxin interferes with the communication pathway between nerves and muscles resulting in temporary muscle weakness and subsequent improvement of dynamic lines and wrinkles through lack of muscle contraction.

Return of function is seen in 4 to 6 months, after new nerve sprouts replace non-functioning nerve

endings.

### Why wrinkle relaxing injections?

- One of the highest safety records, provided that the appropriate medicinal products are used by fully qualified doctors who are familiar with the human anatomy.
- Extremely high level of patient satisfaction; arguably the most popular non-surgical treatment for both men and women worldwide.
- Fast onset of action.
- Long duration of action (i.e. up to 6 months).
- Cost-effective.

### Indications

Treatment with **wrinkle relaxing injections** is a highly skilled procedure requiring good knowledge of the anatomy of the muscles and underlying tissues for optimal aesthetic enhancement in a safe and natural way.

**SFMedica** doctors have treated hundreds of people in England and Europe with outstanding results.

**Dr Sotirios Foutsizoglou** is also involved in teaching young doctors and dentists the various injection techniques applied based on the area and problem to be treated.

Sculptra can also be used to treat more delicate areas of our body such as the neck, décolletage and the back of our hands.

Treatment is extremely safe, provided that the appropriate medicinal products are used by qualified doctors. The specific treatments offered by SFMedica also have an extremely high level of patient satisfaction for both men and women, especially desirable due to their quick effects, long-term effectiveness and cost-effectiveness.

### Treatment Explained

After a thorough medical history and assessment of the area(s) to be treated your doctor will be able to give you a clear answer as to whether wrinkle relaxing injections can resolve the problem or a combination of treatments (e.g. fillers, medical microneedling, fat transfer, platelet rich plasma injections, blepharoplasty etc) should be advised for optimal results.

The treatment consists of a series of injections of a carefully reconstituted solution into the underlying muscle. Your doctor will accurately calculate the number of units needed per injection site and will then use a tiny sterile needle to inject where required.

Following the treatment you can return to work or your daily routine and activities provided that you avoid exercise, heavy lifting, saunas, excessive forward bending and rubbing of the treated area(s) for 24 hours. Clear post injection instructions will be given in writing after your treatment.

Depending on the type of neurotoxin used results will start usually showing after the first 48-72 hours peaking between 10-14 days. Muscle weakness or paralysis after the initial injection lasts between 4 and 6 months for most patients.

Treatment intervals should not be more frequent than every three months due to a remote risk of formation of neutralizing antibodies reducing the effectiveness of the muscle relaxing treatment by inactivating the biological activity of the toxin.

### Contraindications

Muscle relaxing injections should not be used in the following cases:

- During pregnancy or breast feeding.
- In individuals with known hypersensitivity to botulinum toxin A or to any of the excipients (e.g. human albumin).
- In the presence of infection or severe inflammation at the injection sites.
- Disorders of the neuromuscular junction
  - Myasthenia gravis
  - Lambert-Eaton myasthenic syndrome
  - Multiple sclerosis
  - Myopathies
- Aminoglycoside antibiotic therapy

Wrinkle relaxing injections should not be used concurrently with ablative treatments such as laser skin resurfacing, microdermabrasion, chemical peels.

### Side effects

In the vast majority of our clients there have been no or minimal side effects such as temporary bruising or redness.

Please inform your doctor if you are on blood thinning medication. *Arnica* or *Vitamin K* based creams can help those prone to bruising. It is also advisable not to use *Aspirin* or any other *non-steroidal anti-inflammatory drugs* such as Ibuprofen for at least three days prior to your treatment in order to minimize any potential bruising.

More rare side effects include:

- Headache
- Injection site reactions (e.g. redness, irritation, discomfort, itching)
- Eyelid drooping - adrenoceptor agonist eye drops can help reverse this complication
- Brow ptosis
- Dry eye
- Diffusion of product injected to adjacent muscles

However all side effects are transient and some of them can be avoided if you stick to your post treatment instructions.

### Is there any alternative treatment to wrinkle relaxing injections?

In the rare case of hypersensitivity to muscle relaxing injections alternative treatments with **Argireline** and **Leuphasyl** could be used. For more information please download **Dr Sotirios Foutsizoglou's** relevant articles.

### Aftercare

**Wrinkle relaxing injections** is a straightforward non-surgical cosmetic procedure which allows you to return to your daily routine immediately after your treatment. However for optimal results and no complications **SFMedica** would strongly advise the following:

- Try to exercise your treated muscles for the first 4 hours after your treatment (e.g. frowning, raising your eyebrows, screwing the eyes).
- Do not have a facial, nor rub or massage the treated areas for 24 hours after your treatment.
- Try to avoid excessive forward bending, strenuous exercise, exposure to extreme sunlight or extreme heat (e.g. saunas) for 24 hours.
- Do not lie face down or have a nap for the next 4 hours.
- Do not travel by airplane for the 48 hours.
- Do not take Aspirin, Ibuprofen, or Nurofen as these may increase bruising.
- Any tiny bumps or marks will go away within a few hours after your treatment.
- There is always a small risk of bruising. If this does occur, it will only be temporary and can easily be covered with makeup. Arnica or vitamin K based creams are highly recommended in particular for those prone to bruising or on thin blood medication. Please inform your doctor if that is the case.
- You should notify your doctor right away if you experience any other adverse reaction to the treatment such as persistent swelling, redness or pain. You should also inform your doctor if post injection you develop an eyelid or brow droop.

For those who would like to delve into the fascinating world of **muscle relaxing treatments** or find out more regarding the scientific background and the vast range of applications of various neurotoxins **SFMedica** highly recommends **Dr Sotirios Foutsizoglou's** book '*The Magic Toxin*'